

**Seven Criteria for Vet to Vet groups**  
*By Mary Sperraza and Moe Armstrong*

1. Must be Veteran
2. Willingness to self disclose
3. Understands both mental illness and co occurring disorders.
4. Has attended and participated in support meetings
5. Clean and sober nine months to a year. (There has been some flexibility)
6. Willingness to work alongside professionals and peers together inside mental health program.
7. Willingness to be trained and supervised. (There is both peer supervision and professional supervision)